

commander's view



VADM John G. Cotton

Our great force is continuing to align with the Navy, becoming more effective and efficient, and most importantly, your operational support is being recognized and appreciated by all of DoD. As we travel and talk to Sailors and Commanders, we've heard some remarkable testimonials of how our Reservists are making contributions across every component and capability. We can all take great pride in our daily accomplishments, and everyone's continuing commitment to making a difference.

Many of you are calling in and e-mailing good questions, and the answers are crucial to our understanding of how we contribute to the success of our Navy's mission. Here are some points to consider as we end a busy summer of change and incredible levels of operational support:

- The cost of the Global War on Terrorisms is over a billion dollars a week. We must remain steadfast in our dedication to win this "away" game to avoid it becoming another "home" game like we witnessed on 9-11. We will continue to find innovative ways to provide more value to our supported commands and to be more cost-effective while accomplishing our missions. Our nation's taxpayers demand it and expect us to manage our resources wisely.
- Many of our DoD capabilities have been structured for the cold war threat. This is no longer a valid threat model as our enemy has changed, as has the way they wage war. We need to analyze and organize to defeat our modern enemies, and develop networks, sensors, weapons and platforms that support new tactics and leverage emergent technologies.
- CNO's vision is to create one fully-integrated Navy team, and everything we are currently doing is in support of that goal. Active and Reserve Navy need to continuously align our processes and capabilities to increase warfighting wholeness. We will operate together and "train like we will fight."
- Embedding our Reserve Component (RC) into the Active Component (AC) will enable us to function as one organization and help the Navy to realize many efficiencies and cost savings. In some cases, where we have an abundance of personnel in particular designators/rates, people will be offered the opportunity to change professions and continue to serve; transfer to another service; move to the IRR, or retire. We are at war and we need to ensure that every dollar spent is invested wisely. The savings will help us to recapitalize the Navy, with the average age of ships at 17 years and aircraft even older at 19 years. We will upgrade our existing weapons systems and acquire transformational systems to dominate the new threats.
- One of the most important steps in integrating is developing a manpower plan (human capital strategy), that answers "what capabilities do we need to fulfill Navy requirements, and what talent do we need to support those capabilities?" How often do we have to perform these missions, just sometime or all the time? We've addressed these requirements through the Zero Base Review (ZBR), marrying up mission requirements with the appropriate capabilities

and necessary billets. In doing so, the Navy Reserve will transfer some force structure to AC, and grow new RC capabilities. Naval Coastal Warfare is a good example of this change as this capability is needed more full-time than in the past. The Navy Reserve is ideal for periodic and predictable missions such as joint command support and flyaway security teams, both growth areas for the future. The first round of the ZBR, which only accounts for Navy requirements, should be approved by CNO later this year. Fleet Forces Command will next look at joint requirements, followed by homeland security/defense requirements as directed by DoD and NORTHCOM.

- As part of the human capital strategy, your answers to the Civilian Skills Online and Civilian Employer Information (CEI) surveys will be crucial in shaping our force during these next few years.

In the past month we contacted many enthusiastic Sailors and it's obvious that the Navy Reserve vision and mission is being well communicated by command leadership.

SELRES SK1 Everett Welch, from NRC San Antonio who was selected for advancement to chief petty officer, is excited about Chief's initiation and credits his mentor of six years, ITCS Dave Fallin with helping him to be a better Sailor. He says his training unit is the best in the Navy and he fondly remembers cruising in the Caribbean while serving on active duty in the late '70s.

FTS HA Samuel Planas, from NAR Whidbey Island, Wash., has served for one year and looks forward to a rewarding Navy career. His favorite memory is the first day of check-in at his first command and enjoys being mentored by HM3 Rachel Oglesbey.

BM2 Harley Bodden has served in the Navy for five years, has enjoyed the travel and deployments aboard USS Stephen W. Groves (FFG-29), and is taking courses to get a criminal justice degree. He serves at the New Orleans boat unit and credits his mentor, BMCS Raymond Hamrick, with showing him what it takes to succeed.

A very motivated FTS, EN1 Peter Skoutas, serves at NRC Providence, R.I., and says the best thing about being in the Navy is the people! He remembers his first deployment, CARAT 99, and drydock of his ship. His goal is to be an engineering LDO and his mentor is ENCS Anthony Larangeira.

At MIUWU 212, in Gulfport, Miss., STG1 Dallas Brown says he just wants to provide value to the fleet and looks forward to making Chief. He has served for nine years and remembers the pride he always feels when pulling into port after deployment. He also says that his mentor, STGC Rodney Thayer, has taught him a lot.

At REDCOM NE in Newport, R.I., FTS YNCS Teresa Stevenson, drove us from the Senior Enlisted Academy to the airport while talking about her fulfilling career. She greatly enjoys the camaraderie and the expeditionary nature of always moving on to another challenging assignment. Her current mentor is CMDCM Pat Flavin, but says many good leaders have helped her during her 20 years of service in the greatest Navy ever. Each and every Sailor, AC, FTS and SELRES, all knew our vision of "ready and fully-integrated support to the Fleet," and was excited about the change from "us vs. them" to one Navy!

We've had an amazing summer with over 25 percent of the Force on some type of operational support orders every week. Keep up the great work! The fleet appreciates your military and civilian skills and their best endorsement is to ask for more. Please remember to thank your families and employers for their continuing support.

John G. Cotton, Vice Admiral
Navy Reserve Force

sailors matter



FORCM(AW/NAC)
Thomas W. Mobley

Physical readiness is an integral function of the Navy's readiness. It represents who we are, what we stand for and is a vital part of our ability to get the job done regardless of the task at hand. Each of us is tasked with setting a positive example for others to emulate. Physical fitness has a positive impact on command readiness, personal health and well-being. Physical readiness is more than exercising our bodies, it empowers our minds with clarity of thought and helps us handle stressful situations more effectively. In short good physical readiness helps us

perform better at everything.

OPNAVINST 6110.1G provides guidance for the Navy's physical readiness program. The program poses many leadership challenges, one example is too often we stress physical fitness, but we stand by as it becomes the sacrificial lamb for mission requirements. There must be a balance between the two. As leaders we must be physically, mentally and emotionally ready and ensure that our subordinates meet the same standards and are ready for any challenge.

We need to ensure that our Sailors are living a healthy lifestyle. The emphasis of the Navy's fitness program is changing and every Lailor needs to meet OPNAV standards, or Sailors could find themselves not qualified for career enhancing programs or even administratively separated. Physically fit is expected of our future leaders. What ever your career path, look for leaders that set the example for others. Lead by example.

Being physically ready requires time and commitment, but there are countless attributes to being physically fit: We have more energy; we cope with stress better; we have less occurrences of injury to our muscles and joints during physical activity; we are stronger; we have enhanced thinking capabilities; we are less likely to develop heart disease or diabetes and high blood pressure, and most of all, we look and feel great.

Each day we must make time to ensure we are doing our part to be physically ready for whatever mission we are called upon to do. Embracing what it is to be a Sailor is not just emulating core values and the Sailor's creed, it is also being fit, ready, and engaged. Meeting the criteria for physical readiness reflects on us as individuals, a units and as a service. Are you ready?

Thomas W. Mobley, FORCM
Navy Reserve Force Master Chief

CM2 William Fortner takes his turn on the Point Mugu shooting range. Fortner and the other members of Naval Construction Force Support Unit (NCFSU) Two, Port Hueneme, Calif., participated in the annual weapons qualification.



family focus



Yonna Diggs
Force Ombudsman

Assisting Reserve families in preparing for mobilization or deployment should be an ongoing process for the ombudsman. These families basically live civilian lives, so helping them understand the military process, is a very crucial task.

Helping the families to achieve this goal can be done through your newsletters. Developing a regular column that deals with some aspect of deployment, will enlighten the families about what to expect and how to plan for this phase of their life.

Deployment briefings or workshops are also a way you can get the word out to families. This can be done at your local Reserve Center, or any other location that would be convenient and easily accessible for families. Keep in mind many of the Reserve Centers have Video Teleconferencing (VTC) capabilities. Families could be invited to attend via VTC from their local area and receive the same information as those that are in attendance onsite.

The deployment briefing will increase the family's awareness of the different types of military separations and what to expect during the absence of the military member.

The primary focus should be on helping the family to:

- Plan and prepare personal documents
- Assess the family's financial situation and how mobilization or deployment impacts their financial status
- Create wills and powers of attorney
- Evaluate insurance coverage (both medical and life)
- Understand the Soldiers and Sailor Relief Act (1991)
- Ensure all eligible family members have ID Cards and are entered into the DEERS system
- Establish care for pets
- Family Care Plans which should include –
 - a. Required forms
 - b. Instructions for care
 - c. Legal authorizations
 - d. Name, addresses and phone numbers of schools, doctors, relatives and close friends

Now is the time to start launching your pre-deployment training. There is a great predeployment checklist that can be found at <http://www.defenslink.mil/ra/mobil>. Ombudsman should work with the commanding officer and command family support team to identify the personnel required to make your deployment training a success.

If you would like additional information about the Reserve Ombudsman Program, contact me at Yonna.Diggs@navy.mil or visit Lifelines at: <http://www.lifelines.navy.mil>.

families of reservists

Army Military Welfare and Recreation (MWR)

www.offduty.com Not just for the Army. This site, developed by the U.S. Army Community and Family Support Center exclusively for authorized MWR patrons, has links to Internet fare finders and travel providers (air, cruise, rail, car) as well as tips on how to get the best fare by searching the web or being flexible about travel dates.

United Service Organizations (USO)

www.USO.com The USO is chartered by Congress as a nonprofit, charitable corporation. The USO mission is to provide morale, welfare and recreation-type services to uniformed military personnel and their families. The original intent of Congress—and enduring style of USO delivery—is to represent the American people by extending a touch of home to the military. Thus, although some USO programs/services are similar to those provided by other agencies, the hallmark of the USO has been and will continue to be—as much as—services are provided. The USO currently operates 121 centers around the world, with 68 located in the continental United States, three in the Caribbean and 45 overseas (Germany, Italy, France, the United Arab Emirates, Bahrain, Iceland, Bosnia, Japan, Korea, Kuwait). Service members and their families visit USO centers more than 5 million times each year.

Childproofing the home

<http://peekaboobabyproofing.com/parent.htm>

Each year, more than 4.5 million children ages 14 and under are treated in hospital emergency rooms for injuries incurred in the home. Nearly two-thirds of all injuries among children under age 3 requiring emergency room visits occur in the home. A majority of these could be prevented. And, while almost every parent will tell you that they never take their eyes off their children, distractions occur all too easily. There are also those times when a babysitter, grandma and grandpa or aunts and uncles are watching your child and might not be as vigilant. They are called accidents for a reason! This site offers easy ways to assure little loved ones stay safe.



U.S. Marine Corps Lance Cpl. Evan Guerrero (native of Santa Marta, Calif.) drives a Rigid Raider Craft along the Amazon River with Lance Cpl. Joel Prosser (native of Long Beach, Calif.). Marine Forces UNITAS provided support of riverine operations for UNITAS 45-04. Eleven partner nations from the United States and Latin America came together for the largest multilateral exercise in the Southern Hemisphere. Held since 1959, UNITAS aims to unite military forces throughout the Americas with bilateral and multilateral shipboard, amphibious, riverine, and in-port exercises and operations. UNITAS improves operational readiness and interoperability of United States and South American naval, coast guard, and marine forces while promoting friendship, professionalism and understanding among participants.